

VMA INDOOR RECORDS						18-Jul-22	
Records compiled by VMA Records Officer, Clyde Riddoch, 40 Beauchamp St, Preston Vic 3072							
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<i>Italics indicates record set when not a financial member of Australian Masters Athletics</i>							
MEN				WOMEN			
Age	Name	Time	Date	Age	Name	Time	Date
60M				60M			
M45	Mark Giglio	7.47s	2019	W45			
M50	Colin Pocklington	7.88s	2010	W50	Sonya Pollard	9.15s	2019
M55				W55	Kathy Heagney	9.27s	2010
M60	Bill Carr	8.79s	2012	W60	Kathy Heagney	9.17s	2012
M70	Don Chambers	8.95s	2010	W70			
M75	Don Chambers	9.39s	2013	W75			
M90	Jim Sinclair	13.56s	2017	W90			
200M				200M			
M40	Andrew Wilcox	23.93s	2010	W40			
M45	Mark Giglio	23.40s	2019	W45			
M50	Andrew Wilcox	24.30s	2019	W50	Sonya Pollard	31.09s	2019
M55				W55	Kathy Heagney	31.01s	2010
M60	Bill Carr	29.28s	2012	W60	Kathy Heagney	30.60s	2012
M70	Don Chambers	31.00s	2010	W70			
M75	Don Chambers	32.69s	2013	W75			
M90	Jim Sinclair	50.13s	2017	W90			
400M				400M			
M40	Andrew Wilcox	53.48s	2010	W40			
M45	Andrew Wilcox	52.02s	2014	W45			
M50	Andrew Wilcox	53.44s	2019	W50			
M55				W55	Kathy Heagney	70.74s	2010
M60				W60	Kathy Heagney	70.35s	2012
M75	Don Chambers	85.53s	2013	W75			
M90	Jim Sinclair	2m 11.16s	2017	W90			
800M				800M			
M45	Nathan Crowley	2m 01.85	2019	W45			
M50	Scott Lawrence	2m 13.88s	2012	W50	<i>Lucy Di Benedetto</i>	<i>2m 29.74s</i>	<i>2022</i>
M55	Kevin Solomon	2m 16.59s	2006	W55	Kathy Heagney	2m 52.28s	2010
M60	Neil MacDonald	2m 16.91s	2004	W60	Kathy Heagney	2m 47.81s	2012
M65	Kevin Solomon	2m 25.37s	2014	W65			
M70				W70	Lavinia Petrie	3m 10.27s	2017
1000M				1000M			
M65	Clyde Riddoch	4m 39.20s	2019				
M70	Don Chambers	5m 00.31s	2010				
M75	Don Chambers	6m 22.77s	2013				
1500M				1500M			
M35	Stephen Dinneen	4m 04.97s	2017	W35			
M40	Campbell McLennar	4m 14.31s	2014	W40			
M45	Nathan Crowley	4m 15.08s	2019	W45			
M50				W50	<i>Lucy Di Benedetto</i>	<i>4m 45.71s</i>	<i>2022</i>
M55	Kevin Solomon	4m 27.49s	2004	W55			
M60	Neil MacDonald	4m 54.17s	2004	W60			
M65	Kevin Solomon	4m 52.81s	2014	W65			
M70	Kevin Solomon	5m 17.23s	2019	W70	Lavinia Petrie	6m 22.44s	2017
MILE				MILE			
M50	Scott Lawrence	4m 52.24s	2012				
M60	Kevin Solomon	5m 01.62s	2008				
3000M				3000M			
M35	Stephen Dinneen	8m 52.41s	2017	W35			
M50				W50	<i>Lucy Di Benedetto</i>	<i>10m 50.56</i>	<i>2022</i>
M55	Kevin Solomon	9m 30.32s	2004	W55			

M60	Kevin Solomon	10m 11.85s	2008	W60			
M65	Kevin Solomon	11m 04.09s	2017	W65			
M70	Kevin Solomon	11m 31.07s	2019	W70	Lavinia Petrie	12m 54.89	2017
60M HURDLES				60M HURDLES			
M40	Brad Krawczyk	8.84s	2019	W40			
M65	Clyde Riddoch	17.96s	2019	W65			
M70	Don Chambers	10.54s	2010	W70			
M75	Don Chambers	11.33s	2014	W75			
3000M WALK				3000M WALK			
M40	Stuart Kollmorgen	13m 41.19s	2012	W40			
M50	Mark Donahoo	13m 55.43s	2012	W50			
M55	Mark Donahoo	14m 17.18s	2014	W55			
M60	Mark Donahoo	16m 34.29s	2019	W60	Heather Carr	15m 54.75	2010
M65	Andrew Jamieson	14m 39.77s	2012	W65	#Heather Carr	16m 57.96	2017
M70	Andrew Jamieson	16m 24.18s	2017	W70			
HIGH JUMP				HIGH JUMP			
M40	Brad Krawczyk	1.60m	2019	W40	Irie Hill	1.52m	2010
M65	Clyde Riddoch	1.09m	2019	W65			
M70	Don Chambers	1.11m	2010	W70			
M75	Don Chambers	1.15m	2014	W75			
LONG JUMP				LONG JUMP			
M40	Brad Krawczyk	6.41m	2019	W40			
M65	Clyde Riddoch	2.77m	2019	W65			
M70	Don Chambers	3.93m	2010	W70			
M75	Don Chambers	3.63m	2014	W75			
TRIPLE JUMP				TRIPLE JUMP			
M50	Nick Hodgson	12.50m	2014	W50			
M60				W60	Leanne Monk	6.66m	2019
M70	Don Chambers	8.24m	2010	W70			
M75	Don Chambers	7.75m	2014	W75			
POLE VAULT				POLE VAULT			
M35	Warren Hill	3.00m	2004	W40	Irie Hill	3.65m	2010
M70	George Schillinger	2.90m	2017	W45	Dawn Hartigan	3.35m	2004
M75	Don Chambers	2.10m	2013	W60	Leanne Monk	1.80m	2019
SHOT PUT				SHOT PUT			
M30	Shane Carstairs	14.31m	2022	W35			
M35	Colin Newman	10.85m	2022	W45	Niki Johansen	8.73m	2022
M45	Simon Van Baalen	10.88m	2022	W50	Rajwinder Singh	11.75m	2017
M55	Nick Connell	10.58m	2022	W55	Judy Pfanner	9.84m	2022
M65	Stan Peska	10.65m	2022	W60	Narelle Messerle	8.51m	2022
M70	Don Chambers	9.98m	2010	W75	Rhondda Dundas	6.92m	2022
M75	Don Chambers	8.98m	2014	W80	Jane Kinsey	4.74m	2022
WEIGHT THROW				WEIGHT THROW			
M30	Shane Carstairs	12.41m	2022	W30			
M35	Colin Newman	11.86m	2022	W35			
M40				W40	Megan Champion	11.05m	2022
M45	Simon Van Baalen	11.71m	2022	W45			
M55	Nick Connell	12.30m	2022	W55	Heather Lamb	7.10m	2022
M60				W60	Narelle Messerle	9.84m	2022
M65	Stan Peska	13.19m	2022	W65	Dorn Jenkins	15.61m	2022
M70	Don Chambers	12.05m	2010	W70			
M75	Don Chambers	11.36m	2014	W75	Rhondda Dundas	7.89m	2022
M80	George Christodoulou	7.51m	2022	W80	Jane Kinsey	6.52m	2022
35lb WEIGHT THROW				35lb WEIGHT THROW			
M50	Russ Devine	12.76m	2022				
M60	Phil Spivey	13.88m	2022				
M65	Paul Olsson	8.44m	2022				
SUPER WEIGHT THROW		56lb		SUPER WEIGHT THROW		35lb	

M30	Shane Carstairs	7.39m	2022	W30			
M35	Colin Newman	7.07m	2022	W35			
M40				W40	Megan Champion	6.86m	2022
M45	Simon Van Baalen	8.34m	2022	W45	Niki Johansen	7.10m	2022
M50						25lb	
M55	Nick Connell	4.77m	2022	W50			
		44lb		W55	Heather Lamb	4.80m	2022
M60						20lb	
M65	Stan Peska	5.94m	2022	W60	Narelle Messerle	6.65m	2022
		35lb		W65	Dorn Jenkins	10.88m	2022
M70				W70			
M75	Bob Jenkins	4.09m	2022			16lb	
		25lb		W75			
M80				W80	Jane Kinsey	4.21m	2022
56LB WEIGHT THROW				56LB WEIGHT THROW			
for M30-55, see above Super Weight				W45	Niki Johansen	4.18m	2022
M60				W55	Heather Lamb	2.49m	2022
M65	Clyde Riddoch	2.39m	2022	W60	Narelle Messerle	2.36m	2022
M80	George Christodoulou	2.36m	2022				
100LB WEIGHT THROW				100LB WEIGHT THROW			
M30	Shane Carstairs	3.81m	2022				
M45	Simon Van Baalen	3.80m	2022	W45	Niki Johansen	1.67m	2022
M55	Nick Connell	2.31m	2022				
M80	George Christodoulou	1.22m	2022				
HEAVY WEIGHT PENTATHLON				HEAVY WEIGHT PENTATHLON			
M30	Shane Carstairs	2406	2022	W40	Megan Champion	3138	2022
M45	Simon Van Baalen	3708	2022	W45	Niki Johansen	3330	2022
M65	Paul Olsson	3625	2022	W55	Heather Lamb	2163	2022
M70	Tas Maniatakis	1874	2022	W75	Rhondda Dundas	2589	2022
M75	Bob Jenkins	1834	2022	W80	Jane Kinsey	2153	2022
PENTATHLON				PENTATHLON			
M65	Clyde Riddoch	1,529	2019	W65			
(60mH 17.96s, LJ 2.77m, SP 7.19m, HJ 1.09m, 1000m 4m 39.20s)							
M70	Don Chambers	3,131 points	2010	W70			
(60mH 10.73s, LJ 3.70m, SP 8.85m, HJ 1.11m, 1000m 5m 00.31s)							
M75	Don Chambers	2,949 points	2014	W75			
(60mH 11.33s, LJ 3.63m, SP 8.98m, HJ 1.15m, 1000m DNF)							